

Delayed onset muscle soreness , Muscle Pull

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While doing stretching exercise using weights, one day I used around 10 LBS of more weight and did some more exercise than usual. Now just after 1-2 days my shoulder became stiff and in next 2 days it became so worse that I was not even able to raise my hand preventing me from doing regular activities. I went to doctor and did some x-rays and they found nothing except muscle swells. They wrote me some pills and that is it.

Here are steps I followed later. But as before; you must exercise your own judgement to follow the cure mechanism mentioned in this blog:

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1. Muscle pull happened in my case when I did my weight exercise without warming up the muscles.
2. I used muscle relaxant pain relieving OTC drugs for first 1-2 days with (Paracetamol+Ibuprofen) e.g. combiflam.
3. Preferably use sling bag to minimise movement of affected hand/shoulder for next 5-7 days.
4. Use following combination of home remedy till the pain is completely gone.
 - Heat mustard oil (or any other oil) to make it warm (NOT HOT) and REMOVE.
 - Now, add a lot of TURMERIC POWDER to this oil.
 - Use this paste on affected area of muscles. Use cotton for applying paste.
 - Use plenty of paste all around affected muscles.
 - Do this at least twice a day till the pain is gone completely.
 - Turmeric is a NATURAL PAIN RELIEVER. IT gets absorbed by SKIN when applied to affected areas. Turmeric promotes natural healing and pain relief.
 - I experienced pain relief in gradual 20-30% relief every time I applied this paste. In around 3 days my pain was reduced to almost none.
5. Apply Cold pad followed by heat pad if necessary to affected area's to reduce swelling.
6. If you have waited at least 5-7 days and have taken care of PAIN RELIEF to affected muscle area, you will notice that you still have a muscle fatigue even from small movements. To counter this you must do following:
 - Do stretching exercises.

- DO stretching exercise with some weights but be very gentle and use minimum exercise.
 - For example normally I pull weights (40 lbs) for around 10-12 times at a time but now to cure muscle fatigue I would just use 4-5 weight pulls for few days till the problem is gone completely.
7. Last but not the least; use Amino Acid supplement or L _ Glutamine powder to speed up muscle recovery. These are used by body builders to prevent muscle tears during exercise.
 8. Eat protein to speed up muscle recovery process.
 9. First time I had a Muscle pull it took around 1 month to recover. Second time as I knew the process already, I recovered in just 7 days. Both times it happened as I over did my weight lifts without warming up the muscles. And in both case it affected my shoulder locking it for good for few days till recovery.

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Next I was back to Internet search to find what I could do to speed up recovery.

After some research I found some steps that worked for me help recover this problem. I followed following steps:

- 1) Rest for around 2 weeks and stopped all forms of exercise.
- 2) Next, the problem does not go away if you just do not do anything. That means, I found out some stretching exercises (My physiotherapist helped me identify some good stretching exercise that helped bring down pain). These Stretches should not cause pain. You should only go to the point of a pull, not to the point of pains <http://answers.yahoo.com/question/index?qid=20090312061053AAhJK0u> .

Also <http://answers.yahoo.com/question/index?qid=20100226074830AAX9q3L>

- 3) Also you can sooth your stressed muscles by applying Hot water Pad and then Cold water (Using ice) therapy.
- 4) Next you must not do any other exercise EXCEPT the one that caused you the issue, and that also you must do it in moderation to help recover the muscles that got stressed while doing that particular exercise. **What this means is that, the exercise that caused the issue is the one that will help you recover** but you must do that same exercise in moderation (50% and with less weights) to start with.
- 5) I also found that you must apply pressure therapy to release lactic acid buildup because of stressful exercise you did, and until that lactic

acid buildup in muscle is released the pain will not go away. Just apply pressure with your hands and fingers on the spot where it pains a lot and do extensive presses to release lactic acid buildup. That surely helps remove pain.

6) I have searched found some URL's that will help you understand the issue and help find your own plan to recover:

http://triggerpointmaps.com/tp_finder.html

www.painwhisperer.com

www.saveyourself.ca/tutorials/trigger-points.php

Additional Details (As found from Google search)

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You are having trouble with the muscles in your arm. When the muscles get tight they will give off the pain you are having and the only way I know of to get rid of the pain completely is to release the muscles. That being said it is hard to give you more information for you cover a lot of area with the upper arm. With that said here is what I can help you with. Find the muscle that seems to be giving you the pain. Press hard on one end of it or trap it against the bone if you have to but press hard on it and hold the pressure there for 30 seconds. During this time try to be resting your arm without any pressure on the muscle. After the 30 seconds very slowly extend your arm so that the muscle you have been holding gets stretched out all the way. Then release the pressure but hold your arm in the extended position for another 30 seconds. If you got the right muscle the pain should be gone. If it was a big one you may have gotten only part of the pain out, then you have to move to a new spot for the rest and redo it

<http://www.Triggerpoints.net>

Trigger Point Treatments

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Firm digital pressure causes hypoxia and reactive hyperemia that clears the trigger point. Reconditioning the muscle, after the pain is reduced, makes latent trigger points less prone to reactivate

http://www.pressurepointer.com/Infraspinatus_trigger_points.htm

The Trigger Point & Referred Pain Guide

http://en.wikipedia.org/wiki/Trigger_point

self-treat trigger points

If trigger points are pressed too short a time, they may activate or remain active; if pressed too long or hard, they may be irritated or the muscle may be bruised, resulting in pain in the area treated. This bruising may last for a 1-3 days after treatment, and may feel like, but is not similar to, [delayed onset muscle soreness](#) (DOMS), the pain felt days after overexerting muscles.

Myofascial Trigger Point therapists may use [myotherapy](#) and [stretching](#) techniques that invoke reciprocal inhibition within the musculoskeletal system. Practitioners use elbows, feet or various tools to direct pressure directly upon the trigger point, to save their hands.

<http://www.foot-pain-relief-treatment.com/trigger-points.html>

Trigger points are defined as a muscle knot or muscle pain disorder. These muscle knots are very tender to push on however the pain they cause is often felt as referred pain, this pain is usually felt at an adjacent joint or as a “phantom ache” along a limb.

The **red region indicates the likely pain pattern location** you will experience from these muscles. The **green circles are the trigger point location**. This is where you need to massage in order to relieve the pain.

<http://www.massagetahoe.net/ayurvedic/trigger-point-therapy.html>

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